

Going Keto: Why It's Actually Good For You

[Keto diets](#) have really come on strong in the past year and a half and for good reason. It's a great way to not only shed those unwanted pounds quick, but also a great way to get healthy and stay that way. For those that have tried the Keto Diet and are still on it, it's more than just a diet. It's a way of life, a completely new lifestyle. But like any major shift in our lives it is not an easy one, it takes an incredible amount of commitment and determination.

Good for Some But not for all? - Although a ketogenic diet has been used to greatly improve people's quality of life, there are some out there who do not share the majority's way of thinking. But why is that exactly? Ever since we can remember we have been taught that the only way to get rid of the extra weight was to quit eating the fat filled foods that we are so accustomed to eating every day. So instructing people to eat healthy fats (The key word is Healthy) you can certainly understand why some people would be skeptical as to how and why you would eat more fat to achieve weight lost and achieve it fast. This concept goes against everything we have ever known about weight loss.

[**Check Here For My 28-Day Keto-Challenge**](#)

How Keto Started - Discovered by endocrinologist Rollin Woodyatt in 1921 when he found that 3 water -soluble compounds Aceture, B-hydroxybutyrate and Acetoacetate (Known together as Ketone bodies) were produced by the liver as a result of starvation or if the person followed a diet rich with high fat and very low carbs. Later on that year a man from the Mayo Clinic by the name of Russel Wilder named it the "Ketogenic Diet," and used it to treat epilepsy in young children with great success. But because of advancements in medicine it was replaced.

My Struggles Starting Keto - I started Keto February 28th 2018, I had made an attempt at the Keto Diet once before about 6 months prior but was never able to make it through the first week. The first week on Keto is the worst part of the entire process, this is when the dreaded Keto Flu appears also called the carb flu. The Keto Flu is a natural reaction your body undergoes when switching from burning glucose (sugar) as energy to burning fat instead. Many people who have gone on the Keto Diet say that it actually feels similar to withdrawing from an addictive substance. This can last anywhere between 3 days to an entire week, it only lasted a few days in my case.

People who have had the keto Flu report feeling drowsy, achy, nauseous, dizzy and have terrible migraines among other things. The first week is usually when people attempting a Keto Diet fail and quit, just remember that this happens to everyone early in the process and if you can get past the first week the hardest part is over. There are a few remedies you can use to help you get through this rough spell. Taking Electrolyte supplements, staying hydrated, drinking bone broth, eating more meat and getting plenty of sleep. Keto Flu is an unfortunate event that occurs to everyone as the body expels the typical day-to-day diet. You just have to power through.

What Does A [Ketogenic Diet](#) Look Like? - When the average person eats a meal rich in carbs, their body takes those carbs and converts them into glucose for fuel. Glucose is the body's main source of fuel when carbs are present in the body, on a Keto diet there are very low if any at all carbs consumed which forces the body to utilize other forms of energy to keep the body functioning properly. This is where healthy fats come into play, with the absence of carbs the liver takes fatty acids in the body and converts them into ketone bodies.

An ideal Keto diet should consist of:

- 70-80% Fat
- 20-25% Protein
- 5-10% Carbs

You should not be eating more than 20g of carbs per day to maintain the typical Ketogenic diet. I personally ate less than 10g per day for a more drastic experience but I achieved my initial goals and then some. I lost 28 lbs. in a little under 3 weeks.

[**Check Here For My 28-Day Keto-Challenge**](#)

What Is [Ketosis](#)? - When the body is fueled completely by fat it enters a state called "Ketosis," which is a natural state for the body. After all of the sugars and unhealthy fats have been removed from the body during the first couple of weeks, the body is now free run on healthy fats. Ketosis has many potential benefits-related to rapid weight loss, health or performance. In certain situations like type 1 diabetes excessive ketosis can become extremely dangerous, where as in certain cases paired with intermittent fasting can be extremely beneficial for people suffering from type 2 diabetes. Substantial work is being conducted on this topic by Dr. Jason Fung M.D. (Nephrologist) of the Intensive Dietary Management Program.

What I Can and Can't Eat - For someone new to Keto it can be very challenging to stick to a low-carb diet, even though fat is the cornerstone of this diet you should not be eating any and all kinds of fat. Healthy fats are essential, but what is healthy fat you might ask. Healthy fats would consist of grass-fed meats, (lamb, beef, goat, venison), wild caught fish and seafood, pastured

pork & poultry's. Eggs and salt free butters can also be ingested. Be sure to stay away from starchy vegetables, fruit, and grains. Processed foods are in no way accepted in any shape or form on the Ketogenic diet, artificial sweeteners and milk can also pose a serious issue. So far I am 5 weeks in and down 34 lbs. and feeling great, I have an enormous amount of energy and do not crash midday during work like I used to. It will take some serious commitment and a great meal plan to get to where you want to be health wise. But the road to get there is always more fulfilling then where you end up.

[Here is My Most Recommended 28-Day Keto Challenge](#)

Article Source: <http://EzineArticles.com/9909371>

Low-Carb and Keto Diet Fast Food Menu Choices: How to Eat Successfully at Restaurants

For those who eat low-carb or [keto diets](#), there is almost always something you can eat in every fast food place or restaurant. Plan ahead. Before entering a restaurant, check out their menu and nutrition information online at home or using your smart phone. It's always good to know the safe options before being tempted by menu items you shouldn't have on a low-carb diet.

In order to make it easier to find a quick keto-friendly option, I've compiled a list of several restaurants and fast food places and those items that I've found to be the lowest carb (and most emotionally satisfying) choices. These are not all perfect options, but when you're stuck with no other choices due to time or location constraints, they'll do in a pinch.

It's a huge help that fast-food places are required to post nutritional content. It gets easier to follow the keto plan every day. The carb count I'm listing is approximate and is NET grams.

In general, there is usually some salad option anywhere you are. At Burger joints, just remove the bun, and many places offer lettuce wraps instead. Chicken shouldn't have breading.

[**Check Here For My 28-Day Keto-Challenge**](#)

As a side note, it helps to have a knife and fork handy in your car or purse. Big, juicy burgers in tiny pieces of lettuce end up on the table - or in your lap. Small, flimsy fastfood plasticware also makes for difficult eating. Pull out your own sturdy utensils and enjoy!

Now for the food choices... here are some pretty obvious general rules to follow:

Skip the bun or wrap

Skip the pasta, potato, or rice

Salads - no croutons. Stick with low sugar dressing options - Caesar, Blue Cheese, Ranch, Chipotle. Look at the name which may give you a clue, things like "honey" in the honey dijon or "sweet" in the dressing name - these are usually not a good choice. Check the ingredient for items that are higher in carb content.

Chicken - Choose grilled or sauteed. Stay away from any chicken that is breaded.

McDonald's - opt for any burger (zero g) or grilled chicken (2 g) without the bun and topped with cheese, mayo, mustard, onions, etc. No ketchup. Add a side salad (3g). The Caesar salad with grilled chicken or the bacon ranch salad with grilled chicken are 9g.

Burger King - same burger info as McDonald's: burger (zero g) without the bun and topped with cheese, mayo, mustard, onions, etc. No ketchup. The tendergrill chicken sandwich without the bun is 3g. BEWARE - you might think the veggie burger is low, but it is 19g of carbs, so that's about a full day of carbs on keto. Add a side salad (3g). The tendergrill chicken garden salad is 8g without dressing or croutons. The tendercrisp chicken salad is not an option. Do not attempt.

BONUS - dessert!?! - the fresh apple fries are not fried and are 5g net carbs WITHOUT caramel sauce.

[**Check Here For My 28-Day Keto-Challenge**](#)

Subway - Probably should skip Subway if you can. The buns and wraps are all high in carbs. I guess you could just have them throw the ingredients in a wrapper sans bun, but that doesn't sound appealing. I have no info on what the carb count would be for each bunless sub, but you can probably figure it out - chicken or pepperoni is fine, but is "sweet onion" chicken okay? No idea. Stick to the salads, but realize you'll only get iceberg lettuce (4g).

Carl's Junior and Hardees - This chain offers "lettuce wraps" - your burger wrapped in a large piece of lettuce for easy low carb eating. (As I've said, I tried it and don't love it. I like to carry my own fork instead.) Bunless options - Six dollar burger (7g), 1/2 thick-burger (5g), charbroiled chicken club sandwich (7g/10g at Hardees). Grilled chicken salad without croutons is 10g. Side salad is 3g.

Jimmy John's - The unwich - a sandwich wrapped in lettuce - fits the bill here. Meats are fine, just make sure the ingredients are not carb-rich.

Wendy's - Again, you can get your burger in a lettuce wrap or a box. Any burger with toppings. Mayo has corn syrup, and is 1g. The chicken grill fillet is 1 g. It can be ordered in the chicken club sandwich or the ultimate chicken grill sandwich. Best salads: chicken caesar (7g), blt chicken salad with grilled chicken. Side salads are 6g or 2g for Caesar.

Pizza Hut and other pizza places - It is possible to get used to eating pizza with no crust. You need to eat twice as much, but if there's a party or dinner out that you can't avoid at a pizza place, just slide the cheesy toppings off and eat the big messy pile of cheese and toppings. A side salad is a nice addition. Otherwise, just opt for making pizza at home with a low-carb crust.

Mongolian Barbecue - YES! Load up your bowl with chicken, shrimp, onion slices, and mushrooms, then top with the Asian black bean sauce. I know beans have carbs, but this sauce label says 1 gram of carbs per ounce (each sauce is plainly labeled). Add a bit of garlic and wait for the griller to do his work. It goes without saying that you skip the appetizers, tortillas, and rice. Ask the wait staff not to bring them to the table.

Italian Restaurants - These take a little cunning, but they can be conquered! Ideas: how about chicken Marsala in an Italian place? Make sure it doesn't come with pasta. Substitute broccoli or some other keto-friendly side dish - or a big salad. Chicken piccata is also a possibility.

Mexican and Chinese restaurants are the most difficult, because any low carb option is not the reason to go to the restaurant in the first place. At a Mexican restaurant, I tend to get a large burrito with no beans and spread the soft tortilla out like a plate. Eat the inner ingredients and toss the tortilla.

[**Check Here For My 28-Day Keto-Challenge**](#)

If you MUST go to a Chinese buffet (I attended a funeral dinner at one), you can find options, but they probably aren't going to be your favorite General Tso's. How about the salad bar choices? eggs? the insides of eggrolls, and I even ate the insides only of crab rangoons. Unfortunately, these ideas leave quite a pile of discarded shells and deep fried exterior pieces on your plate and makes it look like you really waste food.

Wings anywhere - Standard buffalo sauce is usually OK as well as garlic Parmesan

Convenience stores can be a good option, too! 7-11 has packs of hard boiled eggs, cheese slabs, slim jims, almonds, and pork rinds. Pork rinds come in a barbecue flavor and they're ZERO carbs.

Remember, whatever you choose, hold the bread, potatoes, rice, noodles, fries, and tortillas. And watch out for the possibility of corn starch, bread crumbs, and other fillers. With proper planning and a good attitude, you can find healthy keto and low-carb options when dining out, and stick to your successful [keto diet plan](#).

The ketogenic diet is a healthy option for anyone who wants to lose weight. Visit the Healthy Keto website, a valuable resource where keto dieters can access meal ideas and keto diet facts.

For plenty of delicious keto and low-carb recipes, keto snack ideas, resources, and advice, visit [**My Most Recommended 28-Day Keto Challenge**](#).

Article Source: <http://EzineArticles.com/8005317>